

Organic Dandelion



a gift to you from-

-God's little
reminder that it's
time to cleanse
your body!



-Bridging the gaps to health and happiness!

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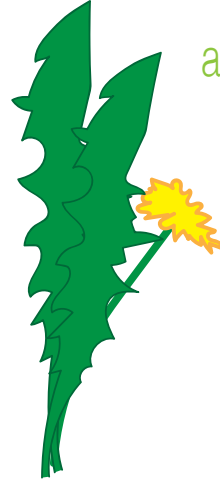
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Plant two weeks before last
known historical frost. Best
planted in full sun, however
will grow anywhere. Surface plant,
and lightly cover.
Nutrition:
1 c. raw chopped greens,
25 cal, 1.5 g protein, 0.4 g fat,
5.1 g carbs, 1.9 g fiber,
& 0.4 g sugar.
Excellent source: vit A, K, C,
folate. Also good potassium
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